



TRURO COUNCIL ON AGING

MAY, 2015

NEWSLETTER

7 Standish Way, N. Truro

508-487-2462

www.truro-ma.gov/coa

HOURS: 8:00 am - 4:00 pm MONDAY - FRIDAY

MISSION STATEMENT

The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.

SENIOR MUNICIPAL SERVICE PROGRAM

BEGINNING JULY 1, 2015

ENDING JUNE 30, 2016

The Town of Truro is offering an abatement to its senior residents for services provided to the town. It is an opportunity for a Truro senior resident to share a skill they have with our community and also receive a real estate tax reduction on their Truro property.

Participants must meet the following requirements:

Applicant must be 60 years of age or older

Applicant must own property in Truro that serves as their principal residence

Applicant must have been a full-time resident of Truro as of July 1st of the previous year

Applicant must be the current occupant of property for which abatement is requested.

Applications are available for the Senior Municipal Service Program for the FY 2016 at the Truro Council on Aging, 7 Standish Way, North Truro, or on the web truro-ma.gov/coa or call **508-487-2462** for more information.

PREVENT FALLS

Katrina Cannatelli, Rehab Practice Manager, for the VNA of Cape Cod will be presenting a Fall Prevention Program on Thursday, May 7 at 1:30 p.m.

The program will address the many causes of falls and offer strategies to manage those factors. A self-assessment tool will be provided to help you identify your own fall risk factors. Recommendations to manage those factors will be provided. It will be informative and interactive.



Visiting Nurse Association of Cape Cod

Member of Cape Cod Healthcare

BEREAVEMENT SUPPORT GROUP

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a loved one. The group will be held on **Wednesday, May 13, from 1 pm to 2:30 pm** and once a month thereafter at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715.

Dr. Preston Presentation Wednesday, May 13 1:30 pm-3:00 pm

Let's Discuss Adrenal Fatigue

Do you crave coffee and sweets in the afternoon? Do you have symptoms of fatigue, weight gain around the middle? Sluggish energy? Anxiety? Nervousness? Adrenal glands are known as the 'stress handling glands'. They deal with physical, emotional and biochemical stress. Anything from infections(colds, flu), divorce, fight with the boss, traffic jams, blood sugar imbalance, and nutritional deficiencies as well as hormonal imbalances. Dr. Preston will provide you with solutions and practical applications in preventing and or dealing with adrenal fatigue.

WEIGHT LOSS SUPPORT GROUP

We have restructured our Weight Loss group to include keeping a food log, sharing recipes, suggestions on ways to eat healthier to lose weight, inviting a Nutritionist to a meeting and much, much more!!!

Please join us on WEDNESDAY MORNINGS AT 10:00 AM !

**DAVID WENNERBERG'S BASIC COMPUTER CLASS IS BACK!!!!**

Do you have a Windows PC you would like to better understand?

Class held on Monday, May 4, 11, 18 at 4:30 pm

Bring your lap top

****Sign up for this six week class is required.**

*** Please note this is not an Apple Computer Class***

**ANNUAL TOWN ELECTION**

TUESDAY, MAY 12 AT 7:00 am-8:00 pm

TRURO COMMUNITY CENTER

7 Standish Way, North Truro

ALZHEIMER'S FAMILY SUPPORT CENTER NEWS
SUPPORT GROUPS AT SEASHORE POINT IN PROVINCETOWN

Caregiver's Support Group (Caregivers need not be living with care recipients in order to attend). Will meet the second and fourth Thursdays of the month 2:00 pm to 3:30 pm .

Support Group for Early Stage Alzheimer's or Mild Cognitive Impairment (MCI) will meet the second Thursday of the month, 10:30 am to 12:00 pm.

These groups are being offered through the Alzheimer's Family Support Center of Cape Cod, providing free services and support to families dealing with AD and dementia. For more information please call 508-737-9452. If your need for help is immediate, please call 508-737-7934.

Medical Equipment Loan Closet

Because of space limitations and other guidelines, we are not accepting donated medical equipment at the COA. To borrow an item from our inventory please call ahead to ensure we have what you need. Thank you.

WOMEN'S REFLECTIONS

Come to explore or discover your own path, direction, and purpose through spirituality. Spirituality is found through different forms of expressions. A walk in the woods, music, conversation, readings, kindnesses, meditation, gardening, even doing the dishes. This, would be an opportunity to share your own sacred journey, a time to be quiet, reflect, listen and learn from other's experience of their own practice. Together we will discover new paths.

Join us on Tuesday evenings, 6:30 pm in May at the Council on Aging and bring a friend! For more information please call Carol Bishop, 508-487-0014. April sessions are cancelled.

Cat Bites? How serious can a scratch be?

One third of cat bites result in hospitalization.

When it comes to animal bites, dogs are the most likely creatures to be involved. However, cat bites account for about 10 to 15 percent of animal bites, and they can be deceptively dangerous.

A Mayo Clinic study looked at 193 people who sought treatment for cat bites over three years. Of those, 30 percent developed an infection severe enough to require hospitalization. About 70 percent of the bites involved older women. Once hospitalized, treatments included intravenous antibiotic drugs. In many cases, surgery was needed to clean out and irrigate the wound. In some people, more than one round of surgery was required.

Cats have teeth that can deeply penetrate skin and other tissues. This introduces bacteria deep into the body through a narrow puncture wound that can close itself off, minimizing natural drainage and trapping the infection. Smoking and location of the bite over a joint or a tendon sheath were identified as risk factors for poor outcome and hospitalization. A high percentage of cat bites occur in the wrist and hand, where tendons and joints are near the surface. When bacteria are introduced to these areas, lack of blood flow restricts the delivery of the immune system's infection-fighting blood cells.

Experts recommend paying close attention to any cat bite for signs of infection. If signs develop, seek urgent care as soon as possible. Don't delay.

By Dianne Yeater, RN

When It Comes to Exercise, Are Men from Mars and Women from Venus?

Well, not exactly; there are many similarities between exercise guidelines for each gender and for many people “co-ed” classes meet their needs. However, there are also important physical differences between men and women which should be taken into consideration. For example: women tend to need more work on upper body strength, while men are more likely to lose lower body strength as they get older. Men tend to have a lower percentage of body fat than women, so often they are less concerned with weight loss. Males are often less flexible than females, and therefore, need to pay more attention to stretching.

In terms of exercise style, recent research shows some differences there as well (these are generalizations; naturally there are many individual variations). Programs that include weights and an emphasis on athleticism or skill development are often more appealing to men, while dance-based classes are less popular. Women often enjoy the social interaction of a class and tend to chat more, while men are typically less talkative and more inclined to engage in friendly competition. The goal of exercising may be different too, ladies will often exercise to look and feel better, while gentlemen often have a more specific agenda; focusing on particular skills, weights, or repetitions.

Most people enjoy being part of a group of their peers. This can be a challenge for a female entering an all-male class or a man being the only one in a group of women. Currently many more women than men are enrolled in COA exercise programs. For this reason, we will start offering a Men’s Workout Group. The group will meet Tuesdays from 10:45 to 11:45, beginning May 19th. The series will run for 6 weeks.

If you are interested, call 508-487-2462 to register. If you would like more information, please call the instructor, Kathy Stetson at 508-397-5324.

***NEW* MEN’S EXERCISE CLASS**

Beginning May 19th, Truro COA will offer an exercise class for men. This class will consist of a gentle progression of strength and flexibility. Exercise and education will be geared toward the specific needs of men, particularly those with neurological issues. This will be a 6 week pilot session; classes will be held on Tuesdays from 10:45 to 11:45. The class will be led by Kathy Stetson, who is a physical therapist and certified exercise physiologist. If you have questions about this upcoming program, please call Kathy at 508-397-5324 or e-mail her at kathystetson@verizon.net.

**Payomet Circus Sampler presents****An Introduction to Juggling****featuring Trevor the Juggler!****On Friday, May 29 from 10:00 am-12:00 pm**

Juggling has been proven to increase the amount of gray matter in the brain. Research also suggests it may prevent Alzheimer’s disease, making it a great choice for brain fitness. When you juggle, you’re not only burning calories, toning your body and strengthening your core, you’re exercising your mind as well.

Sign up is required, 508-487-2462.

**MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm****May 8 “Season of Darkness” by Maureen Jennings****June 12 “Cocaine Blues” by Kerry Greenwood****July 10 “Wish You Were Here” Rita Mae Brown**

Please feel free to join our Mystery Book Club in the Activities Room of the COA. The books are available at the Truro Public Library. For more information please call Joan Rogers, 508-487-9196.

STORY SWAP

We are fortunate to have our very own Master Storyteller, Dan Lynch, come to the Truro COA to listen and tell stories!! It's a spirited gathering where you will hear folktales and legends, along with the most fascinating and entertaining personal stories told by our attendees! Listen or tell a personal story for the group!!



Please note the change of day! Wednesday, May 20 at 11:00 am, COA

LET'S PLAY SCRABBLE!!

Come and play **SCRABBLE** with your friends on **Tuesday afternoons at 1:30 pm.**

Are you interested in playing MAHJONGG?

Please join us in the Conference Room at the COA every

THURSDAY from 1:00 pm to 4:00 pm



PLEASE JOIN US FOR COFFEE AND CONVERSATION AT THE COA

WEDNESDAYS 10:00 am

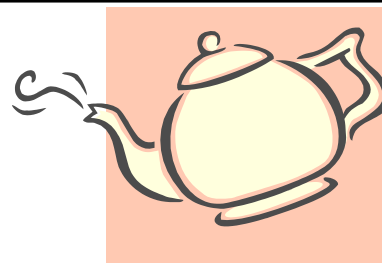
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



ELTON CUTLER, OUTREACH & RESOURCE COORDINATOR**Medicare & Supplemental Health Insurance**

You may soon be a senior who is eligible for Medicare and supplemental health insurance. You should sign up for Medicare three months before reaching age 65, even if you plan to delay receiving retirement benefits because you are working. Otherwise, your Medicare medical insurance, as well as prescription drug coverage, could be delayed, and you could be charged much higher premiums and penalties for not signing up at age 65. The Truro Council on Aging provides free health insurance information, assistance and counseling to Medicare beneficiaries of all ages and their caregivers by our Serving the Health Insurance Needs of Everyone or SHINE program.

Our SHINE counselors help seniors and disabled adults understand their rights and benefits under Medicare and other health insurance.

Provide information and assistance on Medicare Part D and other prescription drug programs.

Compare Medigaps to Medicare Advantage plans and their costs and benefits.

Assist with billing problems and appeals.

Prevent seniors from buying unnecessary or duplicate coverage.

Help prepare enrollment forms and applications for assistance.

There are 2 main ways to get your Medicare coverage— Original Medicare or a Medicare Advantage Plan (like an HMO or PPO). Many people get additional coverage, like Medicare prescription drug coverage or Medicare Supplement Insurance (Medigap).

To get started with Medicare today and learn more about your Medicare coverage choices, call (508) 487-2462 X13 to schedule an appointment.

**CAN I CHANGE MY MEDICARE PLAN AFTER OPEN ENROLLMENT?**

Even though Medicare's Annual Open Enrollment ended on 12/7/2014 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan – Part C) you may still have some options. For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. For Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment. Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible for or losing MassHealth coverage. How can SHINE help you? State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. We are happy to talk with you at any time of the year. We can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. We may also be able to save you money through public assistance programs. Call to schedule a SHINE appointment.

If you would like to learn more about other services we provide please call or log on to www.truro-ma.gov/coa

MassHealth

Transportation

Health Clinics

Fuel Assistance

Counseling

Reassurance

SNAP (Food Stamps)

Legal Assistance

Financial Management

Medical Equipment

Respite Care

Fitness



Brain Injury Support Group

For Survivors and caregivers on Lower Cape Cod

Spaulding Rehab Outpatient-Orleans

65 Old Colony Way, Orleans

This is a wonderful opportunity to be part of a new group that will help survivors and caregivers negotiate the difficult path of brain injury. The group will meet on the first Tuesday of each month from 3:00pm-5:00 pm.

Refreshments will be served.

Please call 508-743-0333 for more information.

Need help with prescription drug costs?

Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which assists many elders with the costs of their medications. Eligibility is based on *income only* and there is *no asset limit*! Who can join?

If you are a Massachusetts resident, eligible for Medicare, and are:

65 years or older with an annual income at or less than \$58,850 for a single person or \$79,650 for a married couple OR Under 65 years and disabled, with an annual income at or less than \$22,128 for a single person or \$29,948 for a married couple.

You may also join... if you are 65 years or older and not eligible for Medicare. There is *no income limit*.

There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$35,310 for a single person and \$47,790 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. You may also apply on line by going to www.prescriptionadvantagemma.org.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call us to schedule a SHINE appointment.

Tai Chi & Chi Kung Classes at the COA

This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental and physical balance and general well being, with an emphasis on “mindfulness”-remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor, Geof Karlson, has been teaching yoga, Tai Chi, Chi Kung, and meditation for seven years on Cape Cod.

Wednesday mornings 8:30 am—9:30 am \$5.00 per class

Volunteers Wanted for the Highland House Museum

We are looking for volunteers to greet visitors at Truro's Highland House Museum. Come join a fun bunch of people working to share the rich history of Truro with visitors and locals alike. Museum shifts are 10am to 1:30 or 1:30 pm-4:00 pm. No experience necessary, we'll train! For more information call Beth O'Rourke at 508-237-5146.

COA CAFE

TUESDAY 12:30 PM \$7.50

May 5th

Chicken Marsala with Herb Roasted Potatoes
Chopped Salad w/Blue Cheese Dressing

May 12th

Roasted Garlic and White Bean Dip with Crostini
Poached Salmon over Mixed Greens
with a Cucumber Yogurt Dressing

May 19th

Greek Shrimp and Chicken Scampi over Rice
Caesar Salad

May 26th

Classic Summer BBQ
Burgers, Hot Dogs, Potato Salad and all the fixings

Alternative: Soup du jour, Salad and Dessert

Reservations Required by Monday 12PM

508-487-2462



MAY

2015

Mon	Tue	Wed	Thu	Fri
Truro Group Art Opening Artist Jane Bunker Sunday, May 10 4:00-6:00 pm				1 Strength Training 9:00-10:00
4 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 Computer Class 4:30-5:30	5 COA CAFÉ 12:30 Women's Reflections 6:30	6 Tai Chi 8:30 Strength Training Coffee Hour 10:00 Weight Loss 10:00	7 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Fall Prevention 1:30	8 Strength Training 9:00-10:00 Mystery Book Club 12:30
11 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 Computer Class 4:30-5:30	12 COA CAFE 12:30 Election Day 7:00 am-8:00 pm Health Fair 9:00-11:30 Women's Reflections 6:30	13 Tai Chi 8:30 Strength Training 9:00-10:00 Kathy Stetson Coffee Hour 10:00 Weight Loss 10:00 Bereavement Support Group 1:-2:30 Legal Assistance 3:00 Dr. Preston-Adrenal Fatigue 1:30-3:00	14 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	15 Strength Training 9:00-10:00 Trip to Museum of Art 9:00
18 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 Computer Class 4:30-5:30	19 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	20 Tai Chi 8:30 Strength Training 9:00-10 Weight Loss 10:00 Coffee Hour 10:00 Sight Loss 10-12:00 Story Swap 11:00	21 CORE & PACE Mahjongg 1:00-4 Tea Time 1:30	22 Strength Training 9:00-10:00 Dr. Campo (By Appointment)
25 Strength Train-ing 9:00-10:00 Memoirs Writing 10:30	26 COA Café 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	27 Tai Chi 8:30 Strength Training 9:00-10:00 Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00	28 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	29 Strength Train-ing 9:00-10:00

Artist Jane Bunker

I was a very myopic child and didn't know for many years that not everyone saw the world all blurry. That was the way the beautiful world appeared to me. Although my near-sightedness has now been corrected, I still find a blurry world beautiful. Non duality, as well as quantum physics, tells us that beneath the relative appearance of apparent separate objects lies a deeper truth of interconnectedness - a oneness that is at the heart of all we perceive as real. The lack of sharp boundaries between trees, flowers, sky and grass in my paintings is my way of attempting to paint that deeper truth.

So what does that mean for me "to find something beautiful"? Why, beyond being attracted to things that are out of focus, am I drawn to one subject as opposed to another. I can be out on my morning walk and it might be an hour before I take out my camera to try to capture something that I want to paint. But suddenly a certain landscape in a certain light has touched me and awakened in me something which is beyond the surface, something everlasting that we share, and there is a feeling of recognition. I feel a passion that's kind of like falling in love, an experience of intimacy and oneness, of no separation, and I am moved to create.

**SIGHT LOSS SUPPORT GROUP RETURNS**

Peer –led group will begin on Wednesday, May 20 at 10:00 am-12:00 pm . Transportation may be available if needed. Please contact us to register.

The Truro Council on Aging van transportation services are for Truro residents age 59 and older. Van service is partially funded by an Older Americans Act Title III Grant from Elder Services of Cape Cod & the Islands. Fees are not required for this service, but voluntary contributions to help defray vehicle costs to the town are appreciated. We strive to accommodate the most riders in an efficient manner.

BUS TRIP TO CAPE COD MUSEUM OF ART IN DENNIS

We are offering a trip to the museum for the exhibit, Formal Aspects: Erica Adams, Emily Berger, Joanne Freeman, Sarah Hinckley, Joanne Mattera, Mira Schor on Friday May 15th. Admission is \$8.00 for age 62 and older (\$9.00 for 62 and younger). Departure time from the COA is 9AM. We will be making a stop after the museum visit to the Marshside Restaurant in East Dennis. Salads, sandwiches and lunch entrees are priced from \$10.00 and up. Enjoy lunch overlooking the gorgeous marsh. Call Margie at extension 20 to sign up before May 13th. There is a \$5.00 bus fee for this trip.



**WE NEED THE FOLLOWING INFORMATION
WHEN REQUESTING A RIDE FROM THE COA:**

MEDICAL FACILITY NAME

MEDICAL FACILITY ADDRESS

MEDICAL FACILITY PHONE NUMBER

ESTIMATED DURATION OF APPOINTMENT

**YOU MUST HAVE A COMPANION ACCOMPANY YOU IF
HAVING A PROCEDURE**

COA LENDING LIBRARY

We have established a lending library here at the COA. We have both paperback and hard cover books arranged on our shelves alphabetically by author. No need to worry about return dates and overdue book fines! Stop in and pick out a book or two. We are accepting books to add if you are looking to clean out your bookshelves.

**TRURO COUNCIL ON AG-
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P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

FRIENDS OF THE TRURO COUNCIL ON AGING MEMBERS

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